

THE RULES AND REGULATIONS OF PARTICIPATION IN PHYSICAL EDUCATION CLASSES  
AT THE UNIVERSITY OF WARSAW

GENERAL PROVISIONS

§1

1. Physical education classes at the University of Warsaw are group classes and shall be conducted in the form of:

- a) overall physical conditioning, taught by the Physical Education and Sports Centre (SWFiS),
- b) trainings of academic sports clubs within the Students Sports Association of the University of Warsaw (AZS UW)
- c) classes equivalent to physical education classes offered by the Students Sports Association of the University of Warsaw (AZS UW).

2. Classes referred to in Section 1 point (a) shall be held once a week for 2 class periods (90 minutes) in each semester of the academic year, except classes at the swimming pool, which shall be held for 1 hour (60 minutes).

3. In the case of classes mentioned in Section 1 points (b) and (c), the number of classes per week and the amount of time allocated for each class shall be determined by the sports training programme carried out for such classes.

4. Obtaining credit for physical education classes determined by the study plan shall be conditional upon participation in classes referred to in Section 1 and receiving credit for them. The number of hours of obligatory physical education classes is set forth in separate regulations.

5. Participation in other physical education classes than those mentioned in Section 1 shall not provide a sufficient criterion for obtaining credit for physical education classes determined by the study curriculum.

6. The student registering for physical education classes is obliged to have 30 WF tokens. If the student does not have such tokens, he/she is obliged to purchase them according to §3 Sections 3 and 4.

7. In justified instances, the Physical Education and Sports Centre reserves the right to change the person running the classes or even change the type of classes mentioned in § 1 Section 1, with due regard to § 4 Section 1.

REGISTRATION FOR CLASSES

§2

1. The student may participate in classes mentioned in § 1 Section 1, choosing a particular type of classes and particular group, except for the cases mentioned in § 1 Section 1 point (b), after registering through University Study-Oriented System (USOS), on the website [www.rejestracja.usos.uw.edu.pl](http://www.rejestracja.usos.uw.edu.pl).

2. Before registering for classes mentioned in § 1 Section 1 point (b), the student shall contact the trainer of a particular discipline, who after conducting a skill test may allow the student to register in USOS.

3. Enrolment for physical education classes shall be held in each semester of the academic year in minimum two rounds. The SWFiS shall publish the opening date and duration of enrolment via USOS.

4. Priority in enrolment for physical education classes shall be given to students who participate in obligatory physical education classes during the first five semesters of the studies.

5. The student completing 60 hours of physical education in one semester shall enrol for physical education classes twice, in different rounds of registration, each time choosing a different type and a different day of classes, except for the cases mentioned in Section 6.

6. The student referred to in Section 5, having a referral to the posture correction classes, shall have the right to register for this type of classes choosing a different day of participation.

7. In accordance with § 3 Section 1, points (b), (c), (d), (e), enrolment for additional free physical education classes for students shall be held on the date specified in the registration schedule, and take into account only free places, in the SWFiS Office.

8. Enrolment for classes referred to in Section 7 shall be available for:

- a) a student who obtained credit for all obligatory semesters of physical education classes in the amount determined by their study curriculum without losing WF tokens,
- b) a student of the part-time studies for whom the obligatory physical education classes were not determined by the council of the unit and who did not lose WF tokens before,
- c) a student of the short-term studies (MOST and ERASMUS programmes) in the amount of 30 didactic hours in each semester of studying at the University of Warsaw.

## CHARGING RULES

### §3

1. Classes mentioned in § 1 Section 1 points (a) and (b) shall be free of charge for:

- a) students completing obligatory physical education classes in the amount determined by their study curriculum, without losing WF tokens.
- b) students of the full-time first-cycle studies and full-time long-cycle studies who obtained credit for obligatory semesters of physical education classes without losing tokens. They shall have the right to participate in additional classes in the amount of 60 hours, subject to availability of free places.
- c) students of the part-time first-cycle studies, part-time long cycle studies and full-time or part-time second-cycle studies who obtained credit for obligatory semesters of physical education classes without losing tokens. They shall have the right to participate in additional classes in the amount of 30 hours, subject to availability of free places.
- d) students of short-term studies (ERASMUS and MOST programmes) completing obligatory physical education classes in the amount and within the term determined by the council of the unit, without losing WF tokens.
- e) students of short-term studies (ERASMUS and MOST programmes) who obtained credit for obligatory semesters of physical education classes without losing tokens. They shall have the right to participate in additional classes in the amount of 30 hours, subject to availability of free places.

2. In cases other than those referred to in the preceding Section, classes mentioned in § 1 Section 1 point (a) shall be subject to a fee.

3. In the case of losing or spending all free WF tokens, the fee for classes referred to in § 1 Section 1 shall be 6,5 PLN for 1 token.

4. The student is obliged to pay the fee mentioned in Section 3 no later than at the end of the fourth week of classes in the semester that they registered for, to the account indicated in USOS.

5. The prerequisite of participation in classes referred to in § 1 Section 1 points (b) and (c) shall be obtaining membership of the Students Sports Association of the University of Warsaw on conditions determined by the Statute of the Association.

6. Classes referred to in § 1 Section 1 point (c) shall be subject to a fee. The student who registered for these classes is obliged to pay the fee in the amount and on the principles determined by the organizer of the classes.

## OBTAINING COURSE CREDITS

### §4

1. The condition for obtaining credit for classes referred to in § 1 Section 1 points (a) and (c) shall be systematic and active participation in these classes in the amount of 30 didactic hours in the semester, except for the cases mentioned in § 5.

2. The condition for obtaining credit for classes referred to in § 1 Section 1 point (b) shall be active participation in these classes in the amount of hours intended for this type of classes, except for the cases mentioned in § 5. The student shall obtain credit for one semester of physical education classes (30 hours) even if the amount of completed hours is higher.

3. The student is obliged to comply with these Rules and Regulations, rules and regulations of the facility where classes are held and safety regulations applicable in training particular sport discipline.

4. During physical education classes the student is obliged to comply with the rules and regulations set forth by the person running the classes regarding class beginning and ending time and sports outfit requirements.

5. The student shall obtain credit for physical education classes in the last classes of the semester. Credits shall be entered in USOS no later than on the end date of the resit examination session of the particular semester.

6. The student who received credit for physical education classes in another field of the study at the University of Warsaw or another institution may apply for credit transfer in the SWFiS. Receiving such credit shall result in charging the tokens from the student's account. It shall be possible to allocate ECTS points in accordance with § 7.

7. In the case of absences excused by the medical exemption, if their number exceeds the number of class attendance in the particular semester, the student shall obtain credit by medical exemption in accordance with § 6.

8. Students who pursuant to § 2 Section 6 decided to complete 60 hours of physical education classes in one semester are obliged to obtain credit for two courses. Medical exemption for one semester shall result in receiving one credit, and the second course shall not be passed.

#### EXCUSING ABSENCES

##### §5

1. Student's absence in physical education classes shall be excused by the person running the classes or the SWFiS Director, especially on the basis of medical exemption.

2. The student participating in physical education classes shall have the right to two unexcused absences per semester. Unexcused absences exceeding the allowed number of two, shall result in failure in obtaining credit, except for the cases mentioned in Sections 3 and 4.

3. In the case of classes at the swimming pool, women shall have the right to one unexcused absence per month, with the maximum limit of four per semester. Exceeding this limit shall result in failure to earn credit, except Section 4.

4. In the case of absences excused by the medical exemption, obtaining credit for physical education classes shall be conditional upon attending more than 50 percent of classes in accordance with § 6 Section 4.

5. In exceptional cases, the student may receive permission from the person running the classes to make up for a single absence by participation in their other classes at a given date.

6. The SWFiS Director may excuse students' absences in physical education classes if they result from the study curriculum and apply to all students of a particular year of study or institute (student placements, scientific visits, dean's hours) and if they are confirmed by the Dean of the Faculty or the Head of the Institute with a letter submitted to the SWFiS Office. The number of absences excused in this way shall not exceed four per semester. In other cases, the student may exercise the right to two unexcused absences in each semester.

#### EXEMPTIONS FROM PARTICIPATION IN CLASSES

##### §6

1. A sport physician employed by the SWFiS may exempt the student from participation in physical education classes in a particular semester, academic year, or permanently, for medical reasons. Then the student shall obtain credit for the physical education course hours, WF tokens are taken from the student's account, but ECTS points are not granted (§7).

2. The student referred to in Section 1 shall visit the sport physician employed by the SWFiS with their medical record and the medical exemption form downloaded from the SWFiS website and completed by their attending physician (Appendix 1) no later than 30 days from the start of the classes.

3. Short-term medical exemptions for 4 or more classes in the semester must be confirmed by the physician employed by the SWFiS.

4. Medical exemptions confirming temporary inability to participate in physical education classes shall be submitted by the student to the person running the classes no later than two weeks from the medical exemption end date.

5. In the case that the person running the classes shall have any doubts concerning student's health condition, they may demand from the student the submission of a medical certificate stating that there are no contraindications to perform this particular form of exercises.

6. The SWFiS Director may exempt from attending physical education classes students who in a particular academic year are members of the Olympic team, the national team or the world university games team, have valid 'S' class in ballroom dancing, or have at least the second valid sport class.

7. The SWFiS Director may exempt from attending physical education classes persons undergoing recruitment process based on confirming the learning result acquired outside formal education at the University of Warsaw, who in a particular academic year are members of the Olympic team, the national team or the world university games team, have valid 'S' class in ballroom dancing, have valid masters licence and are participants of competitions of the Polish Championship rank or have at least the second valid sport class.

## ECTS POINTS MANAGEMENT

### §7

1. In the case of accepting by the SWFiS course credits from physical education classes on the basis of previously received course credits without ECTS points, the student shall be granted the number of ECTS points which is determined by student's current study curriculum.

2. In the case of accepting by the SWFiS course credits from physical education classes on the basis of previously received course credits with allocated ECTS points, their number shall remain the same.

3. In the case of deficit of ECTS points allocated to physical education classes, the student should complete the online supplementary course offered by the SWFiS.

4. In the case of medical exemption from physical education classes within the duration of the regulation providing for granting ECTS points for this subject, no ECTS points shall be granted. The student should complete the deficit of points by obtaining course credit for an online supplementary course offered by the SWFiS.

5. Since the academic year 2017/2018, ECTS points are not granted for physical education classes.